

Mental Health Moment

Presented by the Counseling Department

Hope

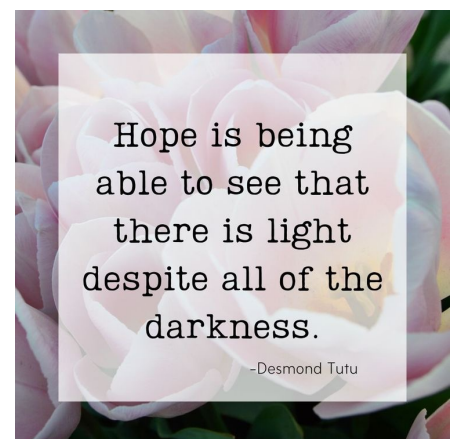
March is a great month to discuss hope, change, growth, life, fortune, luck, prosperity, and more. Spring is a season of great change and transformation. With growth comes some discomfort at times. The buds of flowers bursting to life through the confines of their capsules, the grass pushing through the hard, cold earth to erupt into fresh blades, animals, small and large, seeking a mate; these, and more, are examples of the change that is around us all in the spring months. This month, maybe more than ever, is likely full of hope for change. Hope that we are moving through this global pandemic and achieving some sense of normalcy like we once knew. Change, even good change, can cause some stress, anxiety, and a sense of unbalance. Through it all, as is true with most things in life, hope is what can see you to the light. It is the proverbial light at the end of the tunnel. With hope, you can achieve great things and overcome many obstacles. A healthy dose of hope is akin to a booster shot of vitamin C.

Hope springs all around us in this season. Hope for life, of newness, of change and transformation. It is a tangible experience and can be a testament to the transformation you are capable of as well. What are you hopeful for? Share with a friend, classmate, teacher, parent, or anyone you're close with! Let hope SPRING in YOU!

DON'T DIG UP
IN DOUBT WHAT
YOU PLANTED
IN FAITH.
-ELISABETH
ELLIOT



1. YOU ARE *valuable*
2. YOU ARE *enough*
3. YOU HAVE A *voice*
4. YOU ARE *seen*
5. YOU ARE *capable*



Special thanks to Vicki Lee, a counselor, who generously shares her resources and writing skills.

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*May your choices
reflect your hopes,
not your fears.*

NELSON MANDELA

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do not
lose hope,
please believe
that there are
a thousand
beautiful things
waiting for you.

sunshine
comes to all
who feel rain.

r. m. drake

Fall in love with taking care
of yourself. Fall in love with
the path of deep healing. Fall in
love with becoming the best
version of yourself but with
patience, with compassion and
respect to your own journey.

— s. mcNutt

AT THE END OF THE DAY,
ALL YOU NEED IS HOPE AND
STRENGTH. HOPE THAT IT WILL
GET BETTER, AND STRENGTH TO
HOLD ON UNTIL IT DOES.

And sometimes
against all odds,
against all logic,
we still

hope

Hope and fear
cannot occupy
the same space.
Invite one to
stay.

MAYA ANGELOU

YOURSASSYSELF.COM

“Hope is
like a
bird that
senses the
dawn and
carefully
starts to
sing while
it is still
dark.”



- Unknown Author -

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Hope is not pretending
that troubles don't exist. It is
the hope that they won't
last forever. That hurts will
be healed and difficulties
overcome. That we will be
led out of the darkness &
into the sunshine.

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Hope is the thing
with feathers that
perches in the soul
and sings the
tunes without the
words and never
stops at all.



— Emily Dickinson

